

Participant's Name \_\_\_\_\_

Use the following scale: Poor = 0 Fair = 1 Good = 2 Very good = 3 Excellent = 4

Add up the section totals to obtain the subtotal.

Next, multiply the subtotal by 1.25 to obtain the *PLAYcoach* Physical Literacy Score.

Cognitive Domain		Score
1. Confidence to participate in sport and physical activity		
2. Motivation to participate in sport and physical activity		
3. Comprehension of movement terms		
	Total	
Environment		
4a. Able to participate in the gym		
4b. Able to participate outdoors		
4c. Able to participate in and on water		
4e. Able to participate on snow and ice		
4f. Able to participate in the air		
5. Awareness of the environment and others		
	Total	
General Motor Competence		
6. Possesses a diverse movement skill set		
7. Ability to select and sequence skills suitable to setting		
	Total	
Balance		
8. Basic balance		
9. Collisions		
10. Stumble recovery		
	Total	
Object Control		
11. Ability to use hands to throw, catch and carry objects		
12. Ability to use feet to kick or move objects		
13. Ability to use left and right sides equally		
	Total	
Locomotor		
14. Start/Stop		
15. Running		
16. Agility		
	Total	

PLAYcoach Physical Literacy Score		
Cognitive Domain		
Environment		
Motor Competence	General Motor Competence	
	Balance	
	Object Control	
	Locomotor	
Add up the section totals to obtain the subtotal		Subtotal
Multiply the subtotal by 1.25 to obtain the <i>PLAYcoach</i> Physical Literacy Score		Total